

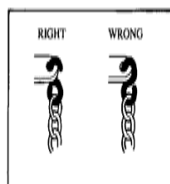
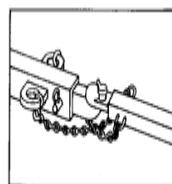
Summer Safety Campaign

"Invest In Summer Time Safety...Your Safe Return Is Our Main Concern"



	Privately owned Vehicles (POV) Safety	Recreational Safety	Heat Injury Prevention	Sever Weather Safety Tips
May Memorial Day Weekend (100 Days of Summer Safety Campaign Kickoff)	<p>Memorial Day Traffic Safety - On this Memorial Day weekend, make the possibility of an accident the first thing you think about before going on your trip. Here are a few safety precautions that may help prevent your trip from being spoiled:</p> <ol style="list-style-type: none"> 1. Begin your planning with the car itself. Have it checked out, pay particular attention to the breaks, tires (including the spare), headlights, wiper blades, turn signals, and the engine itself. 2. Equip the car with a first-aid kit, road map, flares, and a flashlight. 3. Adjust mirrors properly and don't stack luggage in a way that will obstruct the driver's rear view. 4. Wear seat belts. Secure small children in safety seats. 5. Drive during the daylight, if possible, allow yourself plenty of time to reach your destination. Pull over at a roadside rest during bad weather. 6. Stop form time to time for meals and refreshment breaks. 7. Keep restless children occupied with a board game or other activity (have a trip bag full of special toys just for travel time). But do not allow horseplay. 8. Drive defensively. Keep your cool when another driver is discourteous. 9. Never drive while under the influence of alcohol, drugs or medications that slow your reflexes. 10. Never drive when you are fatigued or sleepy. <p>If you're behind schedule, don't rush. It's better to lose a few hours than your life.</p>	<p>Grilling - An outdoor cook needs to observe the following safety precautions:</p> <ol style="list-style-type: none"> 1. Keep barbecue grills far away from anything that can burn - your home (walls, low overhangs), dry vegetation, or other flammable materials. 2. Stay with the grill when lighted, and keep children and pets well away from the area. 3. Protect yourself by wearing a heavy apron and oven mitt that fits high up on your forearm. Never wear loose fitting clothing that could fall onto hot coals. 3. For charcoal grills, only use starter fluid (never use gasoline) designed for barbecue grills. Handle charcoal starter fluid carefully; never add more to a fire or it may explode. 4. For gas grills, always store the gas cylinder outside--away from the structure--and turn off the valve when not in use. 5. Never use a charcoal grill in a garage or enclosed area where carbon monoxide could build up. 6. Always follow manufacturer's instructions. <p>Safety must be a key ingredient in all your outdoor cooking recipes.</p>	<p>Heat Stress - Be alert for conditions that could cause heat stress and take precautions to prevent it. Six main factors are involved in causing heat stress: physical activity, clothing, air temperature, humidity, movement of air, and radiant temperature of surroundings.</p> <p>Adjusting to these factors and/or controlling them, reduces the chance of heat stress. Your body can adjust to working in a warm environment through a process known as "acclimation." Acclimation is the physiological adaptation that is essential in reducing heat injuries and is a gradual process that conditions the body to perform effectively in the heat. It is a process that involves gradually increasing the amount of time you spend working in a hot environment. This gradual increase allows your body to properly adjust to the heat. A period of 14 days should be provided for acclimatization.</p> <p>Individuals usually susceptible to heat (like prior heat casualties) will acquire additional time.</p> <p>Keep in mind, though, even if you're already acclimatized, conditions can change which stress your body even more. Bright sunshine, high humidity, and sources of heat in the workplace can affect your body's ability to cool itself. If conditions change, make sure you re-acclimate yourself to the new conditions. If you are away from work for a few days or if you experience a brief period of cooler temperatures while working, you will need to re-acclimate yourself before you try to work the full shift in the hot conditions.</p>	<p>Lightning Safety - Thunderstorms and lightning are most likely to develop on hot, humid days. Thunderstorms and lightning can be very dangerous, especially if a person is outdoors without proper protection. If lightning is seen or heard, take protective action immediately.</p> <p>Ways Lightning Can Kill Or Injure</p> <ol style="list-style-type: none"> 1. A direct strike which usually results in cardiac arrest and/or stoppage of breathing. 2. A side flash may occur when the body of person provides an alternate or parallel path for the current. This means the person may be another way for the current to reach the ground. If the current passes through the head or heart, death may result. 3. Conducted current from a lightning flash may range from tingling shock to a massive current diverted from a poorly grounded electric power pole through the wiring system. 4. Step voltage radiates out through the ground from a struck tree or pole. 5. Fires, fallen tress, crushed cars. <p>These are secondary effects. Injuries that occur from these are an indirect result of lightning.</p>

June



Towing Safety - When transporting on a trailer, your boat should be supported structurally as evenly across the hull as possible. You vehicle should have adequate engine power and a transmission designed for towing. The hitch should be attached to the frame, not the bumper. (Check your vehicle owner's manual for specific information.) The tow ball and coupler should be the same size and bolts with washers are tightly secured. The coupler should be over the ball and the latching mechanism is locked. Ensure the safety chains are attached and the trailer lights are functioning properly. The side view mirrors need to provide an unobstructed rear view on both sides.

The dangers of not using a child safety seat in your car.

Despite numerous public awareness campaigns on properly restraining children in motor vehicles, and thousands of newly certified child passenger safety technicians nationwide, about 30 percent of children still ride unrestrained and 85 percent of car seats continue to be used incorrectly in some way.

"Motor vehicle crashes are the leading cause of unintentional injury-related death among children ages 14 and under. However, car seats and safety belts, when used correctly, reduce the risk of death by as much as 71 percent," said Heather Paul, Ph.D., executive director of the National SAFE KIDS Campaign.
<http://www.safekids.org/>

The law requires children under the age of 4 years old or weighing less than 40 pounds ride in an approved safety seat when traveling in a motor vehicle.

Carrying the child in your lap or in your arms is never safe and always illegal. Eight out of ten children who die in crashes could have survived had the adult taken the time to use an approved seat.

Not only do you risk precious life by not using the seats; you also risk a hefty fine. Whether you are running a errand or taking a long trip, do the right thing...use a child safety seat!

Boating - Many soldiers and their family members are killed or seriously injured in boating mishaps very year. Learn proper small boat operating procedures. Observe the following rules...

1. Know your boat - what it can and can't do.
2. Don't overload - check the boat manufacture's capacity plate.
3. Keep a good lookout and situational awareness of other boats and objects.
4. Operate at safe and legal speeds - watch your wake.
5. Know and respect the weather - heed weather warnings.
6. Take sufficient fuel - in proper containers - know your cruising radius.
7. Keep your boat shipshape; check safety equipment.
8. Take necessary equipment - fire extinguisher, personal flotation devices, etc.
9. Secure the boat - properly stow loose objects.
10. Learn boating laws and obey them.
11. Choose the proper trailer for your boat.
12. Never operate a boat under the influence of drugs or alcohol.

All boaters are encouraged to take part in formal small boat training programs offered by the U.S. Coast Guard Auxiliary. You may contact the Coast Guard Auxiliary for classes, boat inspections, and other safety guidance.

How to recognize major heat stress injuries and illness

Heat Rash is also know as prickly heat, may occur in hot and humid environments where sweat is not easily removed from the surface of the skin by evaporation. When extensive or complicated by infection, heat rash can be so uncomfortable that it inhibits sleep and impedes a worker's performance or even result in temporary total disability. Resting in a cool place and allowing the skin to dry can prevent it.

Heat Cramps, painful spasms of the muscles, are caused when workers drink large quantities of water but fail to replace their bodies' salt loss. Body temperature is normal unless heat cramps are accompanied by heat exhaustion. Tired muscles -- those used for performing the work -- are usually the ones most susceptible to cramps. Cramps may occur during or after working hours and may be relieved by taking liquids by mouth or saline solutions intravenously for quicker relief, if medically determined to be required.

Heat Exhaustion occurs as the result of peripheral vascular collapse due to excessive salt depletion and dehydration. Profuse sweating, headache, tingling sensations in the extremities, pallor, dyspnea, palpitations associated with gastrointestinal symptoms of anorexia, and, occasionally, nausea and vomiting characterize the syndrome. If you suspect heat exhaustion, don't let the victim talk you out of seeking immediate medical attention. The heat exhaustion will affect their ability to exercise good judgement. Until medical help arrives, try to cool the victim and offer sips of cool water as long as the victim is conscious. Immediate medical attention is required. Heat exhaustion can quickly lead to heat stroke.

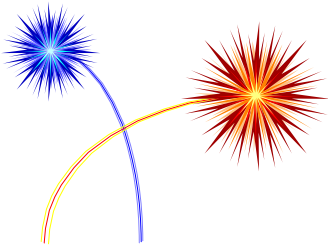
Heat Stroke is the deadliest of all heat stress conditions. It occurs when the body's cooling mechanism has shutdown after extreme loss of salt and fluids. Sweating stops and the body can no longer rid itself of excess heat. Sign include; (1) mental confusion, delirium, loss of consciousness, convulsions or coma, (2) body temperature of 106 degree F or higher, and (3) hot dry skin which may be red, mottled, or bluish. **Victims of heat stroke will die unless they receive immediate medical treated.**

Protections During Lightning Storms

There are several things one can do if caught outdoors when a lightning storm strikes: Take shelter inside a building or car and close the windows and doors. Get off farm machinery, Get out of water if you are swimming or boating, and get away from it. If boating, stay low and avoid contact with the water or metal parts.

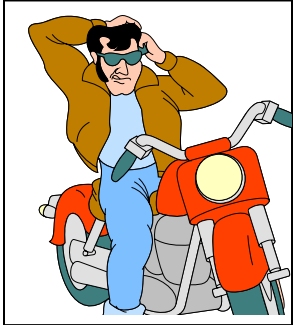
Do not take refuge under any tall, isolated object, such as a tree or tent. Standing under a group of trees, shorter than others in the area, is better than being in the open. Avoid electrical fences, clotheslines, metal pipes, rails, telephone poles and other conductors. Seek low ground, preferably a ditch or gully. If you are outside with no protection, get to a low spot. Make your body low to the ground, but do not lie flat on the earth. Curl on your side or drop to your knees and bend forward, putting your hands on your knees. If there is a group of people, spread out. If someone feels his or her hair standing on end, it may mean lightning is about to strike. Stay calm and keep low. This will help reduce your chances of being struck by lightning.

If lightning strikes are suspected, keep clear of windows if inside a dwelling. Turn off the television and any other electrical appliances. Electricians suggest unplugging televisions and other valuable appliances because lightning can strike or cause electrical surges than can destroy these appliances. Postpone baths, showers and doing dishes until the storm passes because there is the possibility of electrocution. Stay away from water and gas pipes', electrical appliances and telephones because electricity can travel through these and cause electrocution.

<p>July</p> <p>Independence Day</p>	<p>Know the rules of the road...</p> <ol style="list-style-type: none"> 1. Always use your seatbelt. 2. When you pass another vehicle, look in all directions, check your blind spot. 3. Observe the "two-second rule" on a clear day and the "four second rule" on a bad day when following another vehicle. 4. If you take prescription drugs, ask your doctor or pharmacist about driving while on the medication. 5. Don't drink before, or while your driving. Alcohol contributes to approximately 55% of fatal collisions and thousands of injuries. If you are going to drink, plan for alternate transportation. <p>Defensive Driver - The best driver is a defensive driver. Defensive driving revolves around 3 safety measures:</p> <ol style="list-style-type: none"> (1) Recognize hazards. (2) Recognize the defense (3) Act correctly in time. <p>There are 6 conditions of driving:</p> <ol style="list-style-type: none"> (1) Time of day. (2) Road conditions. (3) Traffic. (4) Weather. (5) The driver. (6) The vehicle. <p>You only have control over two (2) conditions - you the driver and your vehicle. Defensive driving depends upon a well-maintained vehicle. Ensure your vehicle is in proper operating condition at all times.</p>	<p>Fireworks - Attending an outdoor public display is the safest way to enjoy fireworks...Fireworks are designed to burn and explode, and fireworks used by amateurs cause thousands of injuries serious enough to require emergency room treatment every year.</p> <p>Fireworks are ILLEGAL in many states, before buying fireworks, check the laws of the state that you will be celebrating in.</p> <p>If you are traveling to state that permits the use of fireworks and intend to personally use them here are a few safety precautions:</p> <ol style="list-style-type: none"> 1. Always read and follow the label directions. 2. Have a competent adult present. 3. Have water handy. 4. Light one at a time. 5. Never re-ignite malfunctioning fireworks. 6. Never give fire works to children (children between the ages of 10 and 14 are at greatest risk of injury from fireworks). 7. Never throw fireworks at another person. 8. Never carry fireworks in your pocket. 9. Never shoot fireworks in a metal or glass container. 10. Store fireworks in a cool and dry location. 11. Never experiment or attempt to make your own fireworks. 	<p>Exposure to Heat and Sun - Before working in hot temperatures for a long time, gradually spend more time each day in the heat. This will help avoid heat stress. It takes four to seven days to get acclimated to unusual heat. Always drink plenty of cool water when working in the heat. Alcohol will cause you to dehydrate. The body can loose as much as three gallons of water a day in hot weather. Wear hats and sunglasses to help stay cool and prevent UV damage to the eyes. Take frequent breaks in a cool place. Wear loose clothing that allows the skin to breathe. Cotton is an excellent fabric to wear in the summer.</p>	<p>Lightning-Caused Hazards - Fallen Wires: Do not touch fallen wires. Report them to the police or local utility immediately. If the wire should fall on an occupied vehicle, tell the driver to stay in it and drive away, if possible. If they are unable to drive away, tell them to wait for help and do not get out. They are safe inside the car, but should not touch any metal parts.</p> <p>Electrical Fires: If an appliance or tool catches fire, try to unplug it or turn off the power at the fuse box/breaker panel. Do not pour water on the fire. Use a Class "C" fire extinguisher or throw baking soda on the fire. If it gets out of control, call the local fire department.</p> <p>First Aid for Lightning Victims</p> <p>Make sure all lightning victims have a medical examination even if they do not seem to need it. Besides burns, lighting can also cause nervous system damage, broken bones and loss of hearing and eyesight. Victims may experience confusion and memory loss. First aid for lightning victims needs to be carried out immediately. Check for breathing and a pulse if the victim is unconscious. If the victim has a pulse, but is not breathing, begin mouth-to-mouth resuscitation. If there is no pulse, begin cardiopulmonary resuscitation (CPR). Check for other injuries, such as possible fractures and burns. Do not move a suspected spinal injury victim. Cover any electrical burns with a dry, sterile dressing, but do not cool the burn. Call the local emergency department for help.</p>
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August

Back to school



Motorcycle Safety - Helmet laws translate into lives saved. More than 80% of all reported motorcycle crashes result in injury or death to the motorcyclist. Ejection from the motorcycle is a common injury pathway. If a motorcycle comes to a sudden stop and the rider is ejected from the motorcycle, the rider will forcibly strike objects in the path as well as the ground.

Riding Requirements:

1. Have a valid motorcycle license and insurance.
2. Wear a properly fastened DOT approved helmet at all times.
3. Wear impact or shatter resistant goggles or face shield (a windshield or eye glasses alone are not proper eye protection).
4. Wear full-fingered gloves.
5. Long sleeves shirt or jacket which fully covers the arms and wrists.
6. Long pants.
7. Shoes that cover the ankles.
8. Wear a brightly colored reflective vest, which fully covers the torso. The reflective vest must be uncovered. Reflective belts are not authorized in lieu of reflective vest.
9. Complete the Motorcycle Driver Training Course (MDTC) prior to riding.

Summer Swimming Safety - Swimming is the third leading cause of accidental death in the United States. All it takes is one careless moment for an accident to happen. Remember the golden rules...never swim alone and look before you leap or dive. Don't plunge in before testing the temperature of the water and if you must swim in cold water, immerse yourself gradually. Here are some additional safety tips:

- (1) Don't drink alcoholic beverages before swimming.
- (2) Stay within a short distance of the shore.
- (3) When diving or swimming, keep an eye out for other swimmers.
- (4) If at any time you feel tired or sick, or get a cramp, go ashore. If a cramp makes it difficult to swim, float on your back and stretch the cramped muscle until the pain subsides.
- (5) Don't swim in unfamiliar water, especially areas designated as unsafe by flags or warning markers.
- (6) If you are not a strong swimmer, always remain in shallow water.
- (7) Monitor small children constantly, whether they're swimming in a creek or a backyard pool.
- (8) Never swim during an electrical storm.

Controls to implement to reduce your risk of heat stress:

Engineering controls can be implemented to reduce the possibility of heat stress. These include:

1. Control the heat source through use of insulation and reflective barriers.
2. Exhaust hot air or steam away from the work area.
3. Use air-conditioning.
4. Use of fans to circulate the air.
5. Reduce the physical demands of work by using mechanical equipment.

Administrative controls are also effective to prevent heat stress injuries. These include:

1. Increase the frequency and duration of rest breaks.
2. Schedule task to avoid heavy physical activity during the hottest parts of the day.
3. Provide cool drinking water or an electrolyte-replacement drink and encourage its consumption.
4. Use additional workers for the job or slow down the pace of the work.
5. Make sure everyone understands the signs and symptoms of heat stress.

Common-sense precautions, such as dressing properly for the job, include:

1. Wear lightweight clothing that allows moisture to evaporate quickly.
2. Wear reflective clothing or cooling suits for jobs that require them.
3. Use extra caution if you are required to wear clothing on the job that limits evaporation -- you could succumb to heat stress more quickly.

"Successful prevention of adverse effects of heat depends largely on education of personnel, including the personnel exposed to heat, especially those in positions of authority of such personnel. Specifically, prevention of heat injuries involves development of procedures to alert individuals to the existence of dangerous heat stress levels, the application of any practicable measures to reduce both the severity and duration of the exposure and adoption of techniques to increase the resistance of exposed persons."

Hurricanes...Unleashing Nature's Fury...How can you prepare?

Before the Hurricane Season

1. Know the risk in your area.
2. Learn safe routes inland.
3. Learn location of official shelters.
4. Ensure that enough non-perishable food and water supplies are on hand.
5. Obtain and store materials, such as plywood, necessary to properly secure your home.
6. Review your insurance policy

Individuals with special needs or others requiring more information should contact their local National Weather Service office, emergency management office, or the American Red Cross chapter.

During the Storm's Approach...When in a Watch Area:

1. Frequently listen to the radio, TV, or NOAA Weather Radio for official bulletins of the storm's progress.
2. Ensure the family vehicle is serviced and fueled.
3. Inspect and secure mobile home tie downs.
4. Prepare to cover all windows and door openings with shutters or other shielding materials.
5. Check batteries and stock up on canned food, first aid supplies, drinking water, and medications.
6. Prepare to bring inside lawn furniture and other loose, lightweight objects, such as garbage cans, garden tools, etc.
7. Have on hand an extra supply of cash.

Plan to Evacuate -- if you live in a mobile home. They are unsafe in high winds, no matter how well fastened to the ground; live on the coastline, an offshore island or near a river or a flood plain; live in a high-rise. Hurricane winds are stronger at higher elevations.

When in a Warning Area -- closely monitor radio, TV, or NOAA Weather Radio for official bulletins. Follow instructions issued by local officials. Leave immediately if told to do so! Notify neighbors and a family member outside of the area of your plans.

September



Bicycle Safety - Bicycle accidents can produce traumatic injuries or even death. State Laws, department of defense Instructions, and Army regulations or policies prescribe required actions for the protection of cyclist. They are as follows:

Helmets are required for all personnel, including family members, who ride bicycles on Army installations. The American National Standards Institute (ANSI) or the Snell Memorial Foundation must approve these helmets. Georgia law requires persons under the age of 16 to wear ANSI approved bicycle helmets. All bicycles must be equipped with a functioning light and a rear reflector visible from a distance of 300 feet during hours of darkness. Riders must obey all traffic laws. Bicycle paths are to be used if provided. Bicycles will be ridden upon the roadway in single-file. Bicycles will not be ridden without an operational break system. Bicycles will not be ridden if the pedal in its lowest position is more than 12 inches above the ground.

Safety Check List:

1. Make sure your bike is the proper size. A bike that is too big or too small will be hard to control. When you're standing on the ground you should have a 1-3 inch gap between you and the top bar. You'll need more room if you're riding a mountain bike.
2. Check to see if your bike seat is adjusted to the proper height. When you're sitting on the seat with your foot on the pedal, your leg should be slightly bent.
3. Make sure you have a reflector on the front and rear of your bike. The rear should be red and should be at least three inches across. Make sure the reflector is pointed straight back to reflect the headlights of cars that are coming up behind you.
4. Check the bike's chain to make sure it's clean and lubricated. If it's not, take it to the local bike shop for a check up.
5. Check your brakes for even pressure. They should make your back wheels skid on dry pavement, but you don't want brakes that stick. Yikes!
6. Make sure your tires are properly inflated.

Pool Safety Rules

- * Never leave your child alone near the water.
- * Always use Coast Guard-approved personal flotation devices rather than inflatable toys to keep your child afloat.
- * Remove toys from in and around the pool when you're not using them. Toys can attract young children to a pool.
- * With aboveground pools, secure and lock steps and ladders leading from the ground to the pool.
- * Have a first aid kit, work phone and emergency number nearby.

In addition, proper swimming pool barriers can offer added protection against drowning. All neighborhood pools should have fences or walls at least four to five feet high that extend around the entire pool. Pool owners should avoid chain-link fences which children could easily climb over, or fences with vertical bars, which kids could slip through.

Fence gates should also be self-closing and self-latching; the latch should be out of a child's reach. Also, keep patio furniture away from a fence so that kids can't climb on it to get in. Parents should also invest in a door alarm or wave motion sensor alarm for the pool. They also have wrist alarms bands that go off when kids get wet.

Animals and Reptiles: For animal, reptiles and insect bites seek medical attention.

Poisonous snakes: Treat all snakes as if they are poisonous. Most bites result from handling or aggravating snakes.

Insects: Identify personnel who are allergic to insect bites or stings and ensure that they have an emergency first-aid kit on hand.

- Tick bite (do not remove tick)
- Use insect repellent (follow directions).
- When camping, inspect bedding before use, and avoid sleeping or leaving clothing in damp places.
- Food and crumbs attract insects.

Sun Safety - One of the most burning issues every summer involves the use of sunscreens regularly to reduce the chances of getting skin cancer.

Latest statistics show that sunscreens can reduce skin cancer by almost 80 percent. Children are the most vulnerable to powerful summer rays. Infants less than 6 months old should never be exposed to direct sunlight. And for children 6 months to 2 years, only limited sun exposure should be allowed. The most dangerous time of day is 11 a.m. to 3 p.m. For protection, reach for the nearest tube of sunscreen lotion. Use one with a SPF (Sun Protection Factor) of 15 or greater. That means you have 15 times the protection bare skin normally have in the sun. For children and adults alike, apply sunscreen liberally and often, every 60 to 90 minutes. Re-apply it after you've been in the water. And protect you lips with lip balm, too.